

Carlsbad Senior Center • 799 Pine Avenue • 760-602-4650

Activities and times are subject to change. Call the Senior Center at 760-602-4650 for more information, or visit www.carlsbadca.gov, click on Adults 50+ for a current activities calendar.

Arts & Crafts

Needlecraft: Tuesdays, 8-11 am

Watercolor Class: Thursdays, 9-11 am. Bring your own supplies. \$5 donation requested.

Computer Room

Also see *Computer Class listings on following pages.*

Open Lab: Hours vary; current schedule available at Senior Center Front Desk, or call 760-602-4650 for more information. Volunteers are available to assist with computer usage. FREE.

PC Users Group: Meetings on 2nd, 3rd and 4th Thursdays from 1-3 pm. FREE.

Dance ♥

Line Dancing: No partners necessary. \$1 donation requested.

Beginner: Mondays, 12-1 pm

High Beginner: Mondays, 1-2 pm

Intermediate/Advanced: Tuesdays, 9:30-11:30 am

Ballroom Dance Lessons: Mondays, 1-2 pm. No partners are necessary. \$5 donation requested.

Belly Dance: \$5 requested donation.

Intermediate: Wednesdays, 8:30-9:30 am

Beginning: Wednesdays, 9:30-10:30 am

Flamenco Dance: Fridays, 10:30-11:30 am

Hawaiian Dance: \$5 donation requested.

Beginning/Intermediate: Wednesdays, 2-4:30 pm

Intermediate/Advanced: Fridays, 12:45-2:30 pm

See also *Dances under Social Gatherings.*

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Fitness ♥

Balance & Mobility: A progressive balance training program for those with balance problems; a history or fear of falling. Improve posture and sensory systems, and learn loss-of-balance recovery techniques. Must have the ability to walk and stand independently. \$5 donation per class requested.

Intermediate: Mondays and Wednesdays, 11 am-12:15 pm

Beginning: Wednesdays, 12:30-1:30 pm

Reservations required; call 760-602-4650 to reserve.

Fitness Room: Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the Senior Center front desk to sign up.

Laughter Yoga: Thursdays, 10:30-11:30 am.

Low-Impact Aerobics with Carl Grubbs: Thursdays, 8:30-9:30 am. \$2.50 donation requested.

Mat Pilates: Pilates is a system of stretching and strengthening exercises, which helps to balance our bodies, improve circulation and posture, reduce stress and unite body and mind. Designed for all fitness levels. Students work at their own pace. No reservations necessary. Please bring a mat. \$5 requested donation. Tuesdays, 10:45-11:45 am.

Soccer Golf: Tuesdays, 9:30-11:30 am. A great social game, all levels of physical ability welcome. Involves light walking on grass, minimal eye/foot accuracy and the ability to have a good time.

Tai Chi: Tai Chi emphasizes relaxation, ease of movement, focused attention, and improves flexibility, balance, and coordination. \$5 donation requested; no reservations necessary.

Beginning: Thursdays, 1-2 pm

Intermediate: Thursdays, 8:15-9:15 am

Advanced: Tuesdays, 8:15-9:15 am

Yoga: A \$3 donation is requested.

Level I Beginning/Gentle: Mondays, 3-4:15 pm

Level II Intermediate: Mondays, 3-4:15 pm

Level III Intermediate/Advanced: Thursdays, 10-11:15 am

Current class schedules and other activities can be found in our monthly newsletter, online at www.carlsbadca.gov/parksandrec, or by calling 760-602-4650.

Games

Bingo: Tuesdays, 12:30-4 pm. Doors open at 12:30 pm. Play for cash prizes. Bingo Game Packets stop selling at 1 pm. Games begin at 1:15 pm. Sponsored by the Carlsbad Senior Citizens Association.

Chess: Tuesdays, 1-4 pm

Mah Jongg: Tuesdays, 8 am-12 noon and Wednesdays, 12:30-4:30 pm

Party Bridge: Fridays, 12:30-4 pm. Seating is limited to first come, first served. 50¢ fee per game

Ping Pong: Tuesdays and Fridays, 12:30-4 pm

Pinochle: Wednesdays, 12:30-4:30 pm

Scrabble: Mondays, 12:30-4:30 pm

Wii Games: 1st Thursdays, 1-3 pm

Hobbies & Personal Enrichment

Audiomobile: A traveling audio library that plays nostalgic radio programs for your listening enjoyment and offers one week CD rentals for \$1. Thursdays, 10 am-12 pm.

Book Club: 2nd Mondays, 1-2:30 pm

Discussion Group: Catch yourself talking back to the radio or the TV? This is an opportunity to get to know others, and stay informed on various topics of interest. 1st, 3rd and 5th Fridays, 9-11 am.

Five-in-One-Joy Class: Wednesdays, 9:30-11 am

Primordial Sound Meditation: Mondays, 9:30-10:30 am. (Intro session, 9 to 9:30 am) A powerful practice for moving beyond the mind's constant stream of thoughts into the stillness of pure awareness, enabling you to let go of stress and enter a state of deep restful awareness.

Senior Readers Theater: Readers Theater is telling stories using a script. No need to memorize your part. **Meets offsite** 1st and 3rd Mondays, 1 to 3 p.m. Call 760-602-4650 for more information.

Spanish Classes:

Level I: for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-10 am

Level II: for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11 am.

Level III: for advanced students, features reading and conversation. Mondays, 11 am-12 noon.

Stamp Collectors: 2nd Fridays, 10:30 am-12 noon.

Ukulele Class: \$5 suggested materials donation.

Level I: Tuesdays, 10-11:30 am

Level II: Fridays, 10-11:30 am

Writers Group: Mondays, 9-11 am

Writing Our Lives: Tuesdays, 1-4 pm. Use life stories, our memories as springboards to tell our stories. Students will participate in a series of timed writings from prompts designed to help them remember and share specific memories. Drop-ins welcome.

Professional Services

Call 760-602-4650 for details on any of the programs below. All services free, until otherwise indicated.

AARP Driving: Emphasizes how to adjust your driving in response to aging. Each two-class session costs \$12/AARP members, \$14/non-AARP members. 3rd and 4th Thursdays. Call for a reservation.

Blood Pressure Screening: Tuesdays, 8:30-11 am. No appointment necessary.

Cholesterol Screening: Tuesdays, 8:30-11 am. No appointment necessary. Requires fasting starting at midnight on the night before the test. \$3 donation requested.

Glucose Screening: Tuesdays, 8:30-11 am. Requires fasting starting at midnight on the night before the test. \$1 donation requested.

Hearing Screening: 1st Wednesdays, 9:30-10:30 am

HICAP Health Insurance Counseling: Wednesdays and Fridays. Reservations required; call 800-434-0222 for an appointment.

Individual Dietary Planning: 1st Thursday, 9:30-11:30 am. Registered dietitian. Call for appointment.

Legal Services: Call for appointment; 760-439-2535 x 205.

Transportation: Available for shopping and medical appointments for Carlsbad residents, age 60 and up, who can no longer drive. \$2 each way, requested donation. Reservations required.

Social Gatherings

Congregate Lunch: Delicious and nutritious, privately catered meals with friends. Monday-Friday, 11:45 am-12:30 pm for ages 60 and up. Reservations must be made by 8 am on the date you wish to dine by calling 760-602-4655. Lunch served promptly at noon, a \$3.50 donation is appreciated. Guests under age 60 accompanying a senior may dine for \$5 per person. Transportation is provided for Carlsbad residents ages 60 and up. Home meal delivery is available for homebound Carlsbad seniors; \$4 donation per meal. Call 760-602-4650 for information on home meal delivery, or to volunteer.

Dances: 1st Thursdays, 1:30 pm. Live Big Band music and refreshments. \$3.

Monthly Movies: 2nd Thursdays, 1 pm. Free popcorn!